

Week 2 Summary – Freedom

What's Freedom? To ride where, when, at what pace, with whomever we like without negative thought traffic sucking the fun out of it before, during & after – True-Self Riding!

How do we ride Free? By noticing and managing our state to stay calm, confident & responsive

How do we manage our State? We work with the 3 elements of state – Focus, Language & Actions

Consciously create your Dream Team to help you feel supported and provide inspiration in times of challenge. Life is a team game – sharing our trials, tantrums, traumas and triumphs keeps us connected to each other and our true-self

Do more of this:	Kindly stop yourself from:
Focus	
<ul style="list-style-type: none"> 👉 Ride from the 'Inside out' by deciding what's important to <u>you</u> and Ride with Integrity by embodying those values 👉 Catch habitual thought patterns that disempower you and make a conscious choice to create a new empowering thought habit 👉 Stop these 'junk' thoughts by: <ol style="list-style-type: none"> 1. Cutting them off aka 'speak to the hand' (sometimes I even say out loud 'No – that's BS') 2. Detach from the thought by saying 'I am having a thought about ...) 3. Exaggerate the message of the thought to the point of ridiculous 4. Putting it on its head – say the complete opposite of the thought 👉 Embrace Reality – wishful thinking steals mental energy from being in the 'Now'. Ride 'this horse, this stride' 👉 Welcome emotion as valuable information – see Emotional Messaging Chart by Linda Kohanov 👉 Embrace Body Wisdom from your senses, gut and heart – it's your internal GPS 👉 Listen to your Procrastination – is it True-Self or False-Self? You know which one to listen to 	<ul style="list-style-type: none"> 👉 Riding from the 'Outside in' by perfecting, performing and pleasing anyone other than you & your horse 👉 Letting your thoughts run away with you repeating insecurities and worries ie. thinking 'junk thoughts' 👉 Stop torturing yourself with Habitually Worrying – ask yourself: <ol style="list-style-type: none"> 1. Is this important to my True-Self? If No then 'Let it go'; If Yes then ask: <ol style="list-style-type: none"> 2. Can I influence what I am worrying about right now? If No then 'Let it go'; If yes then 'Just do it' 👉 Stop 'What should I do next' thought loops by asking yourself: <ol style="list-style-type: none"> 1. Can I do this myself with my current skills? If Yes then 'Just do it'; If No then ask: <ol style="list-style-type: none"> 2. Do I want to learn how to do this myself? If No then seek someone who has those skills; If Yes then ask: <ol style="list-style-type: none"> 3. Do I know how I can learn this? If Yes then seek training; If No then research possible solutions then seek training

Language

- ☞ Make the most of your sub-conscious' desire to meet clearly articulated challenges by:
 1. Positive Language – say what you want – pink elephant?
 2. In the now – the future never comes so 'one day' is not a time frame your sub-conscious understands
 3. Encouraging words – we love to be right so talk about things that you want to be right about
 4. Own what you say with phrases like 'I am...' & 'I believe...'
- ☞ Keep a Diary and see your language change over time & give yourself a welcome reality check
- ☞ Avoid reinforcing habits that don't serve you and fuelling your False-Self by avoiding:
 1. External Drivers such as 'should' or 'must'
 2. Absolutes like 'can't', 'never' or 'always'
 3. Irresolvable phrases like 'try'
 4. Undesirable Reaction inducing words eg. lose something and your will want to find it
- ☞ Negative thoughts love company so we retrieve negative memories to support our current challenging feelings – your language has huge emotional power – use it wisely

Actions

- ☞ Validate your need to feel safe – you can't learn unless you feel safe
- ☞ Kindly manage the growth of your comfort zones by keeping in mind changes in environment, company, task and equipment that effect your competence (a skills drop is normal in unfamiliar circumstances)
- ☞ Break goals down into small stepping stones to manage the growth of your comfort zones – 'Oh shit' becomes 'Not sure' then 'All good'
- ☞ Frequently ask yourself 'would I want my horse to 'mirror' me right now?' – if the not then adjust:
 1. Breathing – belly breathe slowly, emphasising the exhale (this powerfully effects thoughts, language & actions)
 2. Posture – 'power pose' to embody confidence
 3. Movement – aim for poised & fluid
 4. Speech – slow & quiet or better still, silent
 5. Single task focus – one thing at a time
 6. Smile & laugh
- ☞ Embodying Gratitude is fantastic for thoughts, language & actions
- ☞ Scaring, Bullying & Belittling yourself eg. get hard or go home
- ☞ Impatience by forcing learning to happen too quickly – we all have a natural learning rhythm – get to know yours and respect it ie. slow down to speed up learning
- ☞ Shallow rapid breathing – this fires up your Sympathetic Nervous System which produces stress hormones Adrenalin & Cortisol and sends us into Fight, Flight, Freeze, Fawn or Fidget. This state also diverts blood supply from the brain to large muscles to prepare us for escape or battle so reduces our creative problem solving skills ie. 5 times stronger & 5 times more stupid
- ☞ Multi-tasking as it requires extra brain power to 'context switch' from one task to another and then back again. This is a very inefficient strategy and is much more likely to make us feel overwhelmed